



Massachusetts Licensure Examination Registration

National Clinical Mental Health Counseling Examination (NCMHCE)

Last name:

First name: M ☐ Soc. Sec. - -

Address:

City: State

Zip Code: - Male ☐ Female ☐

Home phone: - - Business: - -

Check One	Exam Date	Registration Deadline	Exam Location	Site ID
<input type="checkbox"/>	January 22, 2005	December 3, 2004	Boston, MA	2104
<input type="checkbox"/>	April 16, 2005	February 25, 2005	Springfield, MA	2111
<input type="checkbox"/>	July 16, 2005	May 25, 2005	Boston, MA	2103
<input type="checkbox"/>	October 22, 2005	September 2, 2005	Boston, MA	2102

ABOUT REGISTRATION

- The cost to register is **\$120**.
- **This examination fee is non-refundable/non-transferable.**
- Registration is required. Deadlines are strictly enforced.
- All exam registration materials must be received by the registration deadline (**postmarks do NOT count**).
- You will receive your admission ticket approximately two weeks prior to the exam date.
- Your admission ticket will include information regarding the date and location of the exam.

PLEASE INCLUDE WITH YOUR MATERIALS

- Your completed registration form with signature.
- Your **\$120** examination fee (please make check Or money order payable to NBCC).
- An unofficial **transcript** showing conferral of a master's in counseling or a copy of your graduate **diploma** showing your field of study in counseling.

WHERE TO SEND EXAM REGISTRATION MATERIALS

NBCC
PO Box 7407
Greensboro, NC 27417-0407

QUESTIONS ABOUT THE EXAM ADMINISTRATION? Tel: 336-547-0607; Fax: 336-547-0017; E-mail: nbcc@nbcc.org

Have you previously taken the NCMHCE with the NBCC?

Yes ☐ No ☐

If yes, on which date?

/ /
Month Day Year

I understand that I am taking the NCMHCE for the purpose of fulfilling the examination requirement for counseling licensure in Massachusetts. A passing score does not guarantee approval of any other licensure requirements. I authorize NBCC to provide the Massachusetts Board of Registration of Allied Health and Human Service Professionals with examination results. NBCC will accept NCMHCE passing scores for a part of specialty certification. Use of the NCMHCE scores for licensure in other states may not occur until licensure is granted in Massachusetts.

Signature: _____

Date: _____

CHARGE ORDER FORM - DO NOT DETACH

Credit card VISA ☐ MasterCard ☐ American Express ☐

Account No. Exp. date: /

Name on card: Amt. charged:

Signature: _____

Date: _____

National Clinical Mental Health Counseling Examination (NCMHCE)

Massachusetts Candidates Only

A. Exam Registration

1. In order for the examination, the examinee must have a Master's degree in counseling or closely related field (48 credits – see Regulations for definition of “related field) from an accredited academic institution.
2. Registration deadlines are strictly enforced and postmarks do not count. The NBCC office must receive the registration information on the day of or prior to the deadline for registration.
3. The NBCC will administer the NCMHCE and inform all examinees and the Massachusetts Licensure Board of the results.
4. For information on examination content and format, see enclosed NCMHCE Additional Information for Examinees.

B. Study Guides or Workshops

Massachusetts Mental Health Counseling Association (MaMHCA)
1101 Worcester Road
Framingham, MA 01701
508-872-6336

National Board of Certified Counselors (NBCC)
3 Terrace Way, Suite D
Greensboro, NC 27403
(336) 547-0607

National Clinical Mental Health Counseling Examination (NCMHCE)

Additional Information for Examinees

EXAMINATION CONTENT

Problems on the National Clinical Mental Health Counseling Examination (NCMHCE) are designed to sample a broad area of competencies, not the recall of isolated facts. The problems assess clinical problem-solving ability, including identifying, analyzing, diagnosing, and treating clinical problems.

The exam will consist of 10 clinical mental health counseling cases. Each case will be divided into 5-8 sections classified as either *Information Gathering* (IG) or *Decision Making* (DM). The exam will cover the following areas:

Evaluation and Assessment

For example:

- ❖ Identify precipitating problems or symptoms
- ❖ Conduct mental status exam
- ❖ Identify individual and relationship functioning
- ❖ Provide other referral sources

Clinical Diagnosis and Treatment Planning

For example:

- ❖ Integrate client assessment and observational data with clinical judgment to formulate a differential diagnosis
- ❖ Develop a treatment plan in collaboration with the client
- ❖ Coordinate treatment plan in collaboration with other service providers
- ❖ Monitor client progress toward goal attainment

Clinical Practice

For example:

- ❖ Determine if services meet client's need
- ❖ Discuss ethical and legal issues
- ❖ Understand scope of practice parameters
- ❖ Provide prevention interventions

EXAMINATION FORMAT

A clinical mental health counselor is required to make important clinical

decisions regarding the well-being of clients. A clinical simulation exam is used to realistically assess knowledge in such cases.

The NCMHCE is a clinical simulation exam. Each problem will consist of three components - scenario, Information Gathering (IG) sections, and Decision Making (DM) sections. Each problem begins with a scenario that will provide the setting and introductory client information (e.g. age, gender, presenting problem(s)).

Information Gathering (IG) sections allow you to gather all relevant information for answering the question. This may include family background, physical health, previous counseling, etc. Read all responses before uncovering those you consider necessary in answering the question about the client. Select all options that are appropriate at the time. If you select more or less options, this will adversely impact your score for the section.

Decision Making (DM) sections provide opportunities for making clinical judgments or decisions. These sections may be formatted in one of two ways:

1. Single Best Option – There may be more than one acceptable option, but one option is generally regarded most acceptable.
2. Multiple options – Several options are considered appropriate. These sections address decisions in which a combination of actions is required.

In the Option type described in 1 above, the instructions will be to “Choose Only One” option. Do not assume that your response is incorrect if you are directed to make another selection. This type of exam format often uses this direction. The Option type described in 2 will have instructions to “Select As Many.”

NOTE: *When asked to formulate a diagnosis, do not base your decision on insurance company reimbursement. Make a diagnosis*

based on the information presented/obtained in the simulation.

TAKING THE EXAMINATION

The procedure for taking the National Clinical Mental Health Counseling Examination (NCMHCE) is different from that of the more common multiple-choice exam. Each simulation problem is identified by a number and the client's name and each section is identified by a letter. Since the progression through the problem is not in sequence (that is, one page directly after the preceding page), it is important to make sure the number and the client name is for the problem on which you are currently working.

You must use the latent image pen provided to mark the selections in the shaded area numbered to correspond with the selection in the left-hand column. Use gentle, horizontal strokes with the pen across the response area. Continuous or hard rubbing will obliterate the response. Information will appear in 2 to 3 seconds and provide you with the information selected, indicate the consequences of your action, or direct you to the next section for consideration. Two asterisks (**) indicate that a complete response for that box has been uncovered.

After each section is completed, care should be taken to follow the exact directions regarding the next section. Remember, the route through the problem is not in alphabetical order. Make sure you go to the section last indicated and that you are still in the correct problem (check client name). For example, you may be directed to go from section A to section F, then to section B. The directions "End Of Problem. Please Proceed To Simulation ____**," indicate that the simulation problem is completed.

TIPS TO IMPROVE PERFORMANCE AND AVOID ERRORS

1. Follow all instructions precisely. Do not uncover more than one selection in the DM sections unless instructed to do so. Be sure to go to the sections in the order in which you are directed.
2. Review the client name and the section heading before marking a response to determine that the correct section is being completed.
3. Carefully read all options for selection in a section before you uncover the response to make sure you have chosen correctly. The purpose of IG sections are not to arrive at a decision with a minimum number of choices, but rather to measure your ability to select all information relevant and necessary for good client care.
4. Verify that the response number corresponds to the selection number before uncovering the response with the latent image pen.
5. Responses must be completely developed once the process has been initiated. There is no opportunity to change a selection even if it was developed by mistake.
6. Do not uncover responses you do not think answer the question.
7. Use gentle, horizontal strokes when using the pen; rubbing will obliterate the response.
8. Try to visualize what would be done in a real practice setting in the DM sections. Do not try to second guess what the problem authors want by thinking, "What would they want me to do?" Instead think, "What is the best approach?" Select the best alternative from the options provided.

SAMPLE CLINICAL SIMULATION PROBLEM

The following is an example of an IG and a DM section as it might appear in a problem on the NCMHCE. Remember that an actual problem there will be 5-8 sections and 4-14 selections per section (depending on the nature of the section.) The responses in the shaded right-hand column are uncovered here. In the actual exam you will not be able to see the response unless you select and uncover it with the latent image pen. In addition, bar codes will be to the far right for each selection on the actual exam for scoring purposes.

Simulation 1 – Ms. Wagner: You are a clinical mental health counselor in small group private practice. Ms. Wagner is a 37 year-old female who has scheduled an appointment with you. She states, “My primary care physician said you can probably help me.” For the past three months, Ms. Wagner has been feeling stressed, had problems sleeping, and has not been able to focus on her work.

Section A – Ms. Wagner

During the first session, which of the following would be most important to assess in order to formulate a provisional DSM-IV diagnosis? (**Select as many** as you would consider indicated in this section.)

A-1. Mental status	A-1	Unremarkable **
A-2. Stressors	A-2	Single parent of a 10 year-old girl, elementary teacher at a new school, and father had a heart attack 3 months ago **
A-3. Previous counseling	A-3	None **
A-4. Recreational activities	A-4	Not relevant at this time **
A-5 Family history of mental illness	A-5	None **

7-9 more choices would complete the problem.

When you have completed your selections in this section, Uncover Response A-13.

A-13	Go to section D, **
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Section D – Ms. Wagner

Based on the information obtained about Ms. Wagner, what is the provisional DSM-IV diagnosis? (Choose only one unless you are directed to “Make another selection in this section.”)

D-1 Generalized Anxiety Disorder D-1

Not indicated. Make another selection in this section. **

D-2 Major Depressive Disorder, Single Episode D-2

Not indicated. Make another selection in this section. **

D-3 Adjustment Disorder with Depressed Mood D-3

Go to Section ____ **

D-4 Dysthymic Disorder D-4

Not indicated. Make another selection in this section **

This section might have 1-2 more alternatives on a complete problem.

SELECTED REFERENCES

NBCC does not endorse any particular materials as being effective in preparing for your participation in the NCMHCE. The following references are presented only with the potential to be helpful in preparing for the exam. NCMHCE performance enhancement is neither implied nor expressed.

American Counseling Association. (1995). Code of ethics and standards of practice. Alexandria, VA: American Counseling Association.

American Psychiatric Association. (1994). Diagnostic and statistical manual of mental disorders (4th ed.) Washington, DC: American Psychiatric Press.

Corey, G. (1996). Theory and practice of counseling and psychotherapy (5th ed.) Pacific Grove, CA: Brooks/Cole Publishing Company.

Hood, A.B., & Johnson, R.W. (1991). Assessment in counseling. Alexandria, VA: American Counseling Association.

The National Board for Certified Counselors, Inc. (NBCC) has developed a preparation guide for the NCMHCE that includes a 5-problem sample test with directions for scoring, explanations for each choice, latent image pen, and additional references. This guide can be purchased for \$34.95. Phone: 336-547-0607 Fax: 336-547-0017 Address: NBCC 3 Terrace Way, Suite D, Greensboro, NC 27403-3660